

COMMUNITY WELLNESS & RECOVERY WORKSHOP SERIES

Winter 2022



THRIVING AT HOME

Getting the Most Out of Your Library Card

Maria Beteran and Bev Ecklund Workshop ID: 2081
Reading enthusiasts, movie fans and hobbyists, make the most of your library card. Find a great read, your movie night pick, or your next project.
Wednesday, January 19, 3:45–4:45 pm

Collecting & Caring for Art at Home **NEW**

Kay Bunnenberg Boehmer Workshop ID: 2145
The Dos and Don'ts of starting a personal art collection.
Saturday, January 22, 10–11 am
Wednesday, February 23, 5:30–6:30 pm

Plan Your Vegetable Garden

Cynthia Robinson Workshop ID: 1753
Create a healthy and productive vegetable garden throughout the season. Covers seed catalogs, succession planting, crop rotation, soil building, and more.
Outdoor Beds
Monday, February 28, 5:30–6:30 pm
Container Gardens
Monday, March 22, 5:30–6:30 pm

Creative Awakening

Lori McLaughlin Workshop ID: 1945
A workshop in waking up your creative side. Explore a path to creative enjoyment through a re-examination of the mundane. Lecture and discussion.
Wednesday, March 2, 5:30–6:30 pm



MORE INFORMATION & REGISTRATION

Registration opens Monday, January 3, 2022

Register ccrls.org/events/workshops/

Must be 18 years or older to participate. Questions?
Contact us at info@ccrls.org. All workshops are offered free to the communities served by the CCRLS Libraries and Chemeketa Community College.
Workshops will be delivered online via Zoom.



BOOST YOUR CAREER

Video Conferencing for Educators **NEW**

Colin Stapp & Lauren Funderberg Workshop ID: 2182
Video conferencing more? Join our instructional technology experts for a one-hour conversation about what they learned during the pandemic about video conferencing and how it can help those in K-20.
Monday, January 31, 3:45–4:45 pm
Tuesday, February 22, 12–1 pm

Running Online Meetings Like a Pro **NEW**

Colin Stapp & Lauren Funderberg Workshop ID: 2183
Looking for ways to improve engagement and participation in your online meetings? A one-hour, platform-agnostic introduction to web conferencing.
Monday, January 31, 5:30–6:30 pm
Wednesday, March 16, 5:30–6:30 pm

Interviewing for Today's Jobs

Gary Kuhn Workshop ID: 1655
Tips and hints on how to become better at interviewing, including telephone interviews, Zoom interviews and in-person interviews.
Tuesday, February 1, 5:30–6:30 pm

De-Mystifying the Job Search

Kip Carlson Workshop ID: 1750
Identify what you have to offer an employer, find employers to offer it to, and know how to offer it. A one-hour lecture and discussion workshop.
Wednesday, February 2, 12–1 pm

Design Basics for Your Small Business

Bryan Monson Workshop ID: 2141
Creating effective and professional documents.
Thursday, March 3, 12–1 pm

Discover more workshops on next page.



The Community Wellness and Recovery Workshop Series is a partnership of the Chemeketa Cooperative Regional Library Service (CCRLS) and Chemeketa Community College. This project was made possible in part by the Institute of Museum and Library Services CAGML-248046-OMLS-20.



FAMILY WELLNESS

Nutrition for Families

Ann Raymon

Workshop ID: 2127

Plan healthy meals for all ages. Simple changes and tips for healthy eating.

Tuesday, January 18, 5:30–6:30 pm

Mind over Mood for Stress Management

GwenEllyn Anderson

Workshop ID: 1933

A one-session introduction to Mind Over Mood - a step-by-step approach to rethinking your stress and stressors. Learn simple strategies to improve your mood and reduce your stress.

Monday, January 24, 5:30–6:30 pm

Tuesday, February 15, 5:30–6:30 pm

The Science of Happiness **NEW**

Marty Limbird

Workshop ID: 2181

Why do human connection, belonging, and love bring us happiness? A 1-hour exploration of the science behind happiness as a state of mind.

Wednesday, January 26, 5:30–6:30 pm

Monday, February 14, 12–1 pm

Gardening for Mental Health **NEW**

Cynthia Robinson

Workshop ID: 2140

Discover hidden connections between gardening and well-being. What the research says.

Friday, January 28, 12–1 pm

Tuesday, March 8, 5:30–6:30 pm

Play All Day!: How Infants, Toddlers, and Preschoolers Learn through Play

Brianna Watson

Workshop ID: 1740

Ditch the tablets and worksheets! Learn how babies and young children develop math, science, reading, and language skills through their play.

Friday, January 28, 3:45–4:45 pm

Good Guys vs. Bad Guys: Power Play & Child Development **NEW**

Kelly Brader & Brianna Watson

Early Childhood Education faculty Workshop ID: 2139

Why do young children play aggressive games? How power play helps children understand their world.

Wednesday, February 9, 5:30–6:30 pm

Hiking for Beginners

Jennifer Cox

Workshop ID: 2100

Enjoy Oregon's great outdoors. A one-hour introduction to hiking in Oregon.

Thursday, March 10, 5:30–6:30 pm

Understanding Big "T" and Little "t" Trauma **NEW**

Renata Kerwood

Workshop ID: 2184

An introduction to the impact of trauma on the brain and personal well-being.

Friday, February 25, 5:30–6:30 pm

Monday, March 14, 12–1 pm



ALSO WORTH LOOKING AT

Chemeketa Small Business Development Center Winter 2022 Classes

Great information for small businesses transitioning to new ways of doing business since the pandemic. Topics include starting your business, financial management, and more.

Register: tinyurl.com/y4ee37z8

Contact us to learn more:

sdbc@chemeketa.edu • 503.399.5088

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